63% of Australians are overweight or obese.

2.8 million adults worldwide die each year as a result of being overweight or obese.

Obesity is a condition of excessive fat that may harm health.

Higher risk of many diseases & conditions including:

- Stroke
- Sleep Apnoea
- Depression
- High Blood Pressure
- Heart Disease
- Certain Cancers
- Diabetes
- Reproductive Issues
- Liver Disease
- Osteoarthritis
What causes weight gain?

- An increased intake of foods and drinks, especially those high in energy
- A decrease in physical activity or exercise

Losing just 5% of your weight can reduce the risk of some of these diseases.
We suggest speaking with your General Practitioner to make an action plan.